

December 2018

High School

BREAKFAST



Nondiscrimination Statement: This institution is an equal opportunity employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Mini Cinnamon Rolls
Orange Juice
Milk

3

Tuesday

Toast w/ Yogurt
Fruit Cup
Milk

4

Wednesday

Pancake 'N Sausage
Orange Juice
Milk

5

Thursday

Waffles
Orange Juice
Milk

6

Friday

Breakfast Pizza
Applesauce Cup
Milk

7

Pancakes
Fruit Cup
Milk

10

Breakfast Sandwich
Orange Juice
Milk

11

Cinnamon Cake
Applesauce Cup
Milk

12

Bagels
Orange Juice
Milk

13

Bakery Breads
Orange Juice
Milk

14

Mini Cinnamon Rolls
Orange Juice
Milk

17

Toast w/ Yogurt
Fruit Cup
Milk

18

Pancake 'N Sausage
Orange Juice
Milk

19

No School

20

No School

21

24

25

26

27

28

31

Happy
holidays

